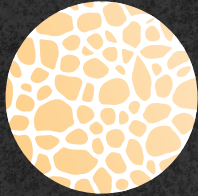


VITAMIN D

CONTRIBUTES TO NORMAL ABSORPTION AND UTILISATION OF CALCIUM



Sufficient vitamin D intake increases absorption of calcium in the small intestine from 10% to 30%.¹



According to a study, over half of UK adults have levels of vitamin D that are below optimal.²



The use of sunscreen can affect the amount of vitamin D produced in the skin.¹

Where can I get vitamin D?



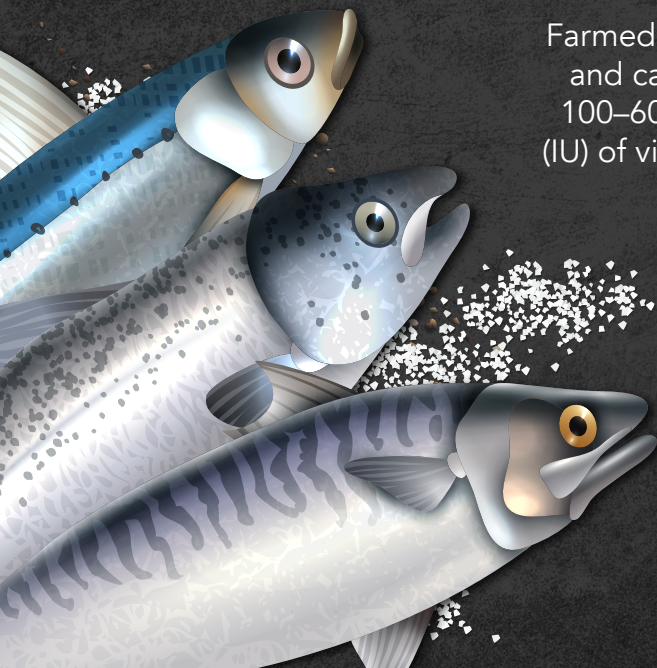
The Sun



Supplement

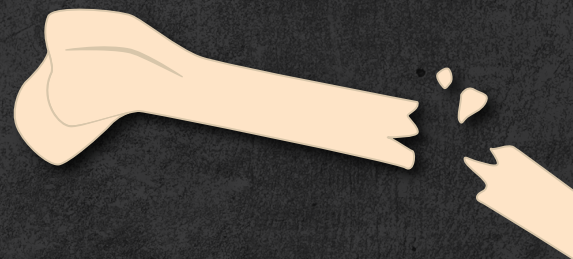


Fatty Fish



Farmed salmon, canned tuna and canned sardines offer 100–600 international units (IU) of vitamin D per 100 mg.³

Vitamin D assists in maintaining muscle strength, which can play a role in reducing the risk of falling.



Sources

1. Holick M. F. (2004). Vitamin D: importance in the prevention of cancers, type 1 diabetes, heart disease, and osteoporosis. *The American journal of clinical nutrition*, 79(3), 362–371. <https://doi.org/10.1093/ajcn/79.3.362>
2. <https://www.forthwithlife.co.uk/blog/uk-vitamin-d-statistics/>
3. <https://www.iofbonehealth.org/osteoporosis-musculoskeletal-disorders/osteoporosis/prevention/vitamin-d>